

# Retinal angiogram

## To evaluate the health of your eyes

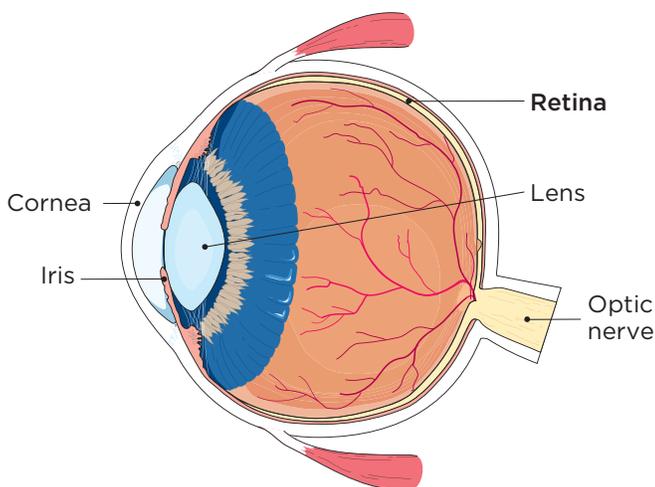


Your doctor has asked you to have a retinal angiogram. This fact sheet describes the purpose of this exam, what it consists of and the steps to follow.

### What is a retinal angiogram?

A retinal angiogram is an exam used to assess the condition of the retinal vessels. The retina is a membrane that covers a large part of the back of the eye. During this exam, images are taken of the backs of your eyes.

Interior of the eye



### How long does the exam take?

The exam takes about 20 minutes. Afterwards, you will be asked to stay at the clinic for an additional 20 minutes to ensure you don't have any side effects.

### What are the steps of this exam?

- Drops are applied to dilate your pupils.
- Photos are taken of the backs of your eyes.
- A fluorescent dye (fluorescein) is injected into your veins.
- Then a second series of photos is taken of the backs of your eyes.

### What discomforts are associated with this exam?

A retinal angiogram doesn't hurt. However, you may experience nausea (feeling sick) or dizziness. After the exam, you will feel discomfort in your eyes. This can last a few hours. These reactions are quite normal.

- Dilatation of your pupils will make your vision blurry for a few hours.
- The dye going through your blood will give a yellowish colour to your skin and conjunctiva (the whites of your eyes). This discoloration will appear a few minutes after the injection. It will disappear within hours after the exam.

- The dye will also pass through your urine, which will turn greenish-yellow (fluorescent) for 24 hours. This effect decreases as the dye leaves your system. If you have kidney failure, the dye may take several days to clear.
- During the exam, another dye, indocyanin green, could also be used. In this case, your stool will have a green colour.

### Are there any precautions to take AFTER the exam?

- > **Have someone come with you** for the exam. You won't be able to drive your car home. If you're alone, you can take public transport.
- > **Drink plenty of water** after the exam. This will help your body eliminate the dye. If fluid intake is restricted in your case, talk to your doctor.
- > **Avoid drinking alcohol** for 24 hours after the retinal angiogram.
- > **If you're breastfeeding**, stop for two days following the exam.

### Who can I contact for help or to ask questions?

Call the Ophthalmology Clinic, Monday to Friday, between 8:30 a.m. and 3:45 p.m.

> **514 890-8278**



### USEFUL RESOURCES

Other health sheets published by the CHUM are available. Ask for those that might fit your situation.



You can also find them on our web site [chumontreal.qc.ca/fiches-sante](http://chumontreal.qc.ca/fiches-sante)



### NOTEPAD



### Questions




### Resource people and contacts


*The content of this document in no way replaces the recommendations and diagnoses made, or the treatment suggested by your health professional.*

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